



# An Open Letter To "My Humans" As Concerns Nutrition And Health



**DR. MARK NEWKIRK**, Owner,  
Newkirk Family Veterinarians

Over the years as I have helped many pets back to health through alternative and nutritional medicine, a common question I get is,

*"Hey Doc, you helped my pet, do you know of a human doctor who can do the same for me?"*

Sadly as you know, those doctors are even more rare than veterinarians! So then you're left with some article in a magazine, some website, some TV ad, or some teenager at GNC advising you. It's a mess!

Add to that, there is no regulatory body governing the purity, bioavailability or the content of the supplements on the shelf, and no wonder people are confused. In fact Consumer Labs did a study a few years ago when the glucosamine story hit the news. Seemed that "everybody" made a glucosamine. So they sent their people into pharmacies, health food stores, chain stores etc, and took random products off the shelf. They tested them for purity, content and other factors, and found that a whopping 83% were not what they claimed to

be! Wow. So what do you do?

Many good products are prescription, as they should be. But finding a doctor who is schooled in this field to prescribe these good supplements, now that's the problem.

◆ I have been searching for a company that could do testing for my human friends, (amazing that I could do it for pets, but not find something similar for people!), that had great science behind it, and could be done without the need of that rare human doctor who believes in health and nutrition.

*Well, I finally found it.*

It comes from a 12 year old successful company called **Ideal Health**. The company uses the number one medical lab in the country in metabolic testing, **Meta Metrix**, for the actual testing of the individual samples. (Meta Metrix literally wrote the book for many medical schools on metabolic testing). Normally Meta Metrix accepts samples only through a licensed doctor. It is not covered by insurance, and normally runs about 450 dollars! They run the test and find the metabolic imbalances and deficiencies unique to that patient! Now Ideal Health has a contract with Meta Metrix to do metabolic testing on individuals without the need for a physician ordered test! (And for only 189 bucks)

*Here's how it works.*

A kit comes to your home. You take a few minutes to fill out a questionnaire. This will tell you what test or tests should be run on you. The kit has sterile collection containers for saliva, urine, and in

some cases a few drops of blood. (The samples depend on the test(s) you choose.) The **Priva Test** is the main test we all should do. Then if your questionnaire indicates issues of stress, osteoporosis, hormonal issues etc, you can choose a 2nd test that will analyze and design the nutrients needed for that issue. No more guessing! You then seal them in a medical shipping envelope, include the test fee, call Fed Ex (it's prepaid), and off it goes!

In about 10 days a report is issued to you showing your metabolic deficiencies and imbalances. Then a *customized* supplement package is delivered to your home for you to take. Doesn't it make so much sense to take supplements *your own body* indicates is needed! Re-testing at some later point then shows the changes the supplements have made in your health! And since YOUR body designed it, it would make sense that it has a higher chance of working, and working well! Amazing system.

This system is so revolutionary that I believe it will change the way people can CHOOSE to take care of themselves.

**I also want to let you know about one other excellent health care solution, this one for kids!**

How many parents would love to replace sugary snack foods, boxed fruit juices, breakfast cereal, chips etc with healthy meals that the kids would really eat? A no brainer right? What's the problem? The kids won't eat what's good for them because they are HOOKED ON SUGAR!

One of the most important

breakthroughs I've ever seen in children's health is **Snazzle Snacks**. Based on the work at the **Harvard Medical Schools** nationally recognized clinic for treating childhood obesity, Ideal Health has released a line of children's snacks, juices, candy bars and cereals, sweetened with the herb Stevia. This takes care of the taste, while fat, sugar and calories are greatly decreased.

Here's what you do. In the morning, you replace breakfast cereal with Snazzle cereal. You use reduced fat milk mixed with a Snazzle to improve taste and you've just reduced calories and eliminated sugar! You pack a healthy lunch, including a Snazzle fruit drink and Snazzle Twists. (like cheetos). Once again you've reduced calories and eliminated sugar. When the child comes home and wants a snack you give them a Snazzle candy bar with a Snazzle shake. Once again, no sugar, reduced calories. And you cook a sensible dinner. For bedtime snack, repeat the above.

Want more? They've also added the vitamins, minerals and phytonutrients that most kids are lacking! So now it's nutritious! Taste tests have been phenomenal! Average cost per Snazzle . . . about 2 bucks! How much do you spend now?

For more information you can visit [www.idealhealth.com](http://www.idealhealth.com), or you are welcome to ask me. I apologize for not writing a pet article this month, but I'm so excited about this discovery that I felt I had to share. And if I can help you and those you know and love to be healthier, it would be my great privilege.

Sincerely,  
**Dr Mark**



To order, call  
**1 800 768 7667**  
or online at  
[www.idealhealth.com](http://www.idealhealth.com)  
Enter code #6284819.  
**PLUS . . . 100% money back guarantee on all products for 30 days (except individual custom designed supplements)**

**Listen to Dr Newkirk on the Radio!!!**



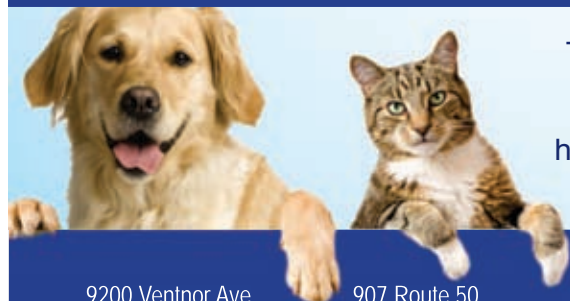
**"ALL ABOUT PETS"**

airs on the **2nd Saturday** of every month on **WOND, 1400 AM** from 9 to 10 AM, and also on the **3rd Tuesday** of the month on **WIBG, 1020 AM** from 9:05 to 9:35 on the Hurley in the morning show.  
*Dr Newkirk will present topics in pet health, take your calls and talk to special guests.*

*Dr. Mark Newkirk is the owner of NEWKIRK FAMILY VETERINARIANS, with offices in Egg Harbor Twp, Mays Landing, and Margate, and has been taking care of pets in South Jersey since 1981. The Newkirk family has lived in South Jersey all their lives, and Dr. Mark has wanted to be a veterinarian since age 14, when he went to work in Margate as a kennel boy!*

*Graduating from the University of Pennsylvania School of Veterinary Medicine, Dr. Mark treats dogs, cats, birds, reptiles and exotic pets, and has special interest in alternative medicine. Also at the EHT location is The Animal Rehabilitation and Physical Therapy Center! The center features the areas only veterinary supervised under-water treadmill plus ultrasound and other therapies to deal with chronic injury or spinal problems. For animals that need special care or have severe arthritis or for whom the adage "old age is not a disease" applies, these special pets can now get special care at this Center!*

**NEWKIRK FAMILY VETERINARIANS . . . Serving Southern New Jersey pets for over 25 years**



The Doctors and staff pledge to provide the finest client and patient services, helping pets to live healthier, longer lives.



[www.newkirkfamilyveterinarians.com](http://www.newkirkfamilyveterinarians.com)

9200 Ventnor Ave  
Margate, NJ 08402  
609-823-3031

907 Route 50  
Mays Landing, NJ 08330  
609-625-9700

3085 English Creek Ave  
Egg Harbor Twp, NJ 08234  
609-645-2120

Animal Rehab & Pain Center  
Egg Harbor Twp  
609-646-0700

The CAT HOUSE  
(a cat ONLY clinic)  
609-813-CATS